

# Helele - Velile & Safri Duo

Choreo by: Michael Becker  
 Music: Helele (Safri Duo Single Mix)  
 Länge: 3:07  
 Level: Intermediate  
 BPM: 128



0:00	Intro	Wait 32 B	
0:17	Refrain B	Stomp Double, Triple 3/4 R Stomp Double, Triple 3/4 R Stomp Double, Triple 3/4 R Samantha Pivot 3/4 R	Rotate Arms backwards
0:32	A	Basic, Pump touch, Fancy, Pump touch, Fancy, Pump touch, 2 * Stomp Double 4 * Side Basics in a box, 2 DS	Arm circle points to RS
0:51	Refrain A	Stomp Double, Triple 3/4 R Stomp Double, Triple 3/4 R Stomp Double, Triple 3/4 R Flashy Scoot + 2 DS turn 1/4 L	
1:06	Refrain B	Stomp Double, Triple 3/4 R Stomp Double, Triple 3/4 R Stomp Double, Triple 3/4 R Samantha Pivot 3/4 R	Rotate Arms backwards
1:21	A	Basic, Pump touch, Fancy, Pump touch, Fancy, Pump touch, 2 * Stomp Double 4 * Side Basics in a box, 2 DS	Arm circle points to RS
1:40	Refrain B	Stomp Double, Triple 3/4 R Stomp Double, Triple 3/4 R Stomp Double, Triple 3/4 R Samantha Pivot 3/4 R	Rotate Arms backwards
1:55	Break	2 * Simone Hardstep 2 * Push Turn Long L + R	Outer Arm 45° up, palms outside
2:10	Instrumental	4 * McNamara (Safri Style!)	
2:18		3 * Basic, 2 * DS, 3 * Basic, 2 * DS 6 * Basic + Stamp + 3 Beats Pause	
2:33	Refrain A	Stomp Double, Triple 3/4 R Stomp Double, Triple 3/4 R Stomp Double, Triple 3/4 R Flashy Scoot + 2 DS turn 1/4	
2:48	Refrain B	Stomp Double, Triple 3/4 R Stomp Double, Triple 3/4 R Stomp Double, Triple 3/4 R Samantha Pivot 3/4 R	Rotate Arms backwards
3:04		Quick Step aside	Arms on hips

## The Steps

McNamara H(ots) BA BA(xib) BA(ots) H(ots) BA S(xib)  
 (Safri Style) L L R L R R L  
 R R L R L L R  
 & e a e & 3 &

**Listen to the 7 beats and time the steps accordingly!**

Flashy Scoot DS SL RS SL RS SL RS S  
 L L RL L RL L RL R  
 R R LR R LR R LR L  
 &1 & 2& 3 &4 & 5& 6

Push turn long DS RS RS RS RS RS RS RS  
 L RL RL RL RL RL RL RL turn left  
 R LR LR LR LR LR LR LR turn right  
 &1 &2 &3 &4 &5 &6 &7 &8

Samantha Pivot DS DS(xif) DR S(b) DR S(b) S H(w)S DS RS  
 L R R L L R L R L R LR  
 &1 &2 & 3 & 4 & 5 6 &7 &8

Turn 3/4 right on Beat 5  
 Rotate Arms backwards like Windmills on (DR S)

# ECTA Standard Steps

Basic	DS RS L RL R LR &1 &2	
Fancy Double	DS DS RS RS L R LR LR R L RL RL &1 &2 &3 &4	
Pump Touch	DS KK UP/H TCH(xif) UP/H TCH(if) UP/H L R R L R R L R R L R L L R L L R L L R &1 & 2 & 3 & 4	
Simone Hardstep	DT(b) H BR UP/H TCH(xif) H TCH(xif) H TCH(ots) H TCH(xif) H DS RS L R L L R L R L R L R L R L RL R L R R L R L R L R L R L LR & 1 & 2 & 3 & 4 & 5 & 6 &7 &8	
Stomp double	STO DS DS RS L R L RL R L R LR 1 &2 &3 &4	
Triple	DS DS DS RS L R L RL R L R LR &1 &2 &3 &4	Turn 3/4 each, 1/4 on each DS